# A study of Emotional states and Life satisfaction among working and non working women

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## INTRODUCTION

Now-a-days, the proportion of the working women is increasing tremendously Through this study a search is undertaken to compare the life satisfaction and emotional states of working women and non working women.

The sense of one's identity or self is an important dimension of individual's personality giving each one of us unique individuality. Women and stress is holding a relationship of much interest over the last two decades. As more and more women enter the work force, they are increasingly exposed not only of the same work environment as men, but also to unique pressure created by multiple roles and conflicting expe`ctations (Nelson and Burke 2000). It has long been observed that women are about twice as likely to become clinically depressed (to ave dysthmia or unipolar depression) as are men. These differences occur in most countries around the world. (Nolen - Hoeksemo and Girgus, 1994; Wilhelm and Roy, 2003).

Depression is normal features of our lives. Modernity brought women education in its wake and she changed the arena of activity. She stepped out of the threshold of house and joined service like man. Now she got admiration, equality and opportunity. But the euphoria was ephemeral as she was supposed to take to this job as an additional responsibility. She not expected to shrink household work. This brought problems like strain and depression. (Pillai and Sen, 1998).

A women by nature is expressive emotional and sensitive. Physiological social and cultural background of women probably plays a key role in mending a women's attitude and natures towards the external relation we know that women are generally more at risk to develop psychological disorder and depression in particular.

In a book entitled mental hygiene in public health P. V. Lewkan has written that mentally healthy individual is one who is himself satisfied, lives peacefully with his neighbors, makes healthy citizens of his children and even after performing these fundamentals duties has enough

energy left to do something of benefit to society? Possessing mental health, an individual can adjust properly to his environment, and can make the best effort for his own, his family's and his society's progress and betterment. The chief characteristic of mental health is adjustment. The greater the degree of successful adjustment the greater will be the mental health of the individual. Lesser mental health will lead to less adjustment and greater conflict.

In the development of any mental disorder the role of emotions is now considered very important. An investigation into emotional experiences is regarded as the first step for adopting any strategy for treatment. Persons fall mentally ill due to cognitive or connective factors.

Everyone experiences swings in mood or emotional states. These are normal part of life for most people, extreme moods are short lived, most of the time, they find themselves somewhere in between feelings of elation and sadness and despair. But in contrast to this typical pattern, some persons experience disturbance in emotion that are both extreme and prolonged. The emotional state of a person directly affects his sense of satisfaction and well being towards life. Life satisfaction or personal adjustment is something very important in our life. It is considered an important variable in younger adults as well as aged citizens. It is manifested through health, social, economic, marital, personal, social, job satisfaction. Lack of satisfaction may be reflected in lack of adjustment in either of these areas. This state of dissatisfaction may be brought about by emotional disturbance or an emotional state may be the cause of dissatisfaction. This may lead to stress, anxiety, tension, depression and low efficiency. Satisfaction may lead to happiness, and aroused feeling. Most human emotional states are complex. The best defined among them are: Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, and Arousal.

The development process is related with the individual from his birth to death. Man is one emotional animal. The emotions and feelings make child’s life colorful. To adjust successfully with himself and the world, the individual must learn to express his emotions properly. This helps emotional adjustment. After birth the child lives in the family for a long time and so family influences much on emotional development. The child’s thoughts

attitudes, beliefs etc. are shaped by the society. He attempts to adjust with cold, hot, noise & other factors of environment.

## SIGNIFICANCE OF THE STUDY

Liberalization, privatization and globalization have seen significant growth in employment opportunities for both men and women. This new found social status has effect on the psychological state of women as well as their adjustment towards various aspects of life.

This study will attempt to assess the stress level, depression, anxiety and other psychological states of Indian women. An insight into the economic, social and personal needs of women will go a long way in improving the mental health and coping abilities in them. In Indian society, in urban areas more and more women are sharing financial responsibility. In matters of decision making women are neglected and they are not consulted on important matters. Similarly there are no compromises as far as housework is concerned. They are expected to fulfill this responsibility also without any support from men. In organizations where women work they are not given critical support which is needed by women at the time of childbirth, or sickness.

Non working women are also required to take care of all household responsibilities. They suffer from fatigue, boredom, monotony and depression. There is a need to change the attitude of the society towards women so that they also live a normal purposeful life. Their important role should be appreciated and acknowledged and they should be given all type of support so that they can withstand the pressures on their lives and do not suffer from psychological problems.

## STATEMENT OF THE PROBLEM

**'A study of Emotional states and Life satisfaction among working and non working women'**

**Operational definitions of concepts contained in this research**

**Woman**

Woman play an important role in the entire structure of the society as almost half of the society is constituted by this segment of population and is

also considered as one among the vulnerable groups. Women play multiple roles even in the adverse circumstances without caring for themselves.

**Working woman**

Working woman means – they work in bunt, teaching field and other professions. Many women work is our society because of economic necessity and for those who do a work of their liking. There is a price for what they achieve. Women have to deal with conflicting situations purchasing a career and taking care of their family.

**Non-working woman:** Non-working woman means they do not work in professions, they do work in their family.

**Life Satisfaction :** Life Satisfaction is an overall assessment of feeling and attitude about one's life at a particular point in time ranging from negative to positive.

## THE OBJECTIVES OF THE STUDY ARE AS FOLLOWS:

- To study the level of emotional states of working and Non-working women.
- To study the level of Life Satisfaction of working and Non-working women.

## HYPOTHESIS

**The following hypothesis was verified in this study**

1) There is significant difference between working and Non-working women on the following dimensions of Emotional states:
   Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, Arousal
2) There is significant difference in life satisfaction of working and Non-Working women along the following dimension
   a) Marital b) personal c) Social d) Job e) Health f) Economic
3) There is significant difference between High and low socio-economic status on Emotional states and its dimensions.
4) There is significant difference between High and Low Socio-Economic states on life satisfaction and its dimensions.

5) The socio-Economic status and work states would interact on emotional states and life satisfaction of women.

## VARIABLES UNDER STUDY:

**Independent Variable**:

**Women Status** -

Working Women & Non-Working Women

**Socio-Economic Status**

High & Low

**Dependent variables**

Dependent variable of the result of the manipulation of independent variables, In this study there are two dependent variables

**Dependent Variable**

Emotional States & Life Satisfaction

**Constant Variable**

Urban women

**Sample**

For this research work an incidental purposive sampling technique was used. The sample consists of total 400 subjects from Aurangabad city including two groups i.e. 200 working women and 200 homemaker's women. Both groups were made with equal number of low (n= 100) and high (n= 100) socio-economic status subjects. The age level, educational status and nativity of the subjects will be controlled to a certain extent i.e., age ranges between 25-45 years, educational status 10 + (School education) and all women of urban population. The socio-economic status determined by their family income and will assess by using SES Scale (Urban). The sample depicted as follows;

**Sample Distribution**

| | **Working** | **Non Working** | **Total** |
|---|---|---|---|
| High SES | N=100 | N=100 | N=200 |
| Low SES | N=100 | N=100 | N=200 |
| Total | N=200 | N=200 | N=400 |

**Designs:** The main purpose of the present study is to study emotional states and life satisfaction of working woman and non-working woman. For that purpose the technique of factorial design was used. This is an ex-post-facto field study in which emotional states and life satisfaction of working and non working women in relation to their work status and socio economic status was studied. To reach out the objectives of present investigation 2X2 factorial design was used as depicted below;

**2 X 2 Factorial Designs**

| | | **Work status ( A)** | |
|---|---|---|---|
| B (SES) | | **A1 (working )** | **A2 (Non working)** |
| | B1 (High SES) | $A_1B_1$ | $A_2B_1$ |
| | B2 (LOW SES) | $A_1B_2$ | $A_2B_2$ |

Where

A1 : Working Women

A2 : Non-Working Women

B1 : High Socio-Economic Status

B2 : Low Socio-Economic Status

A1B1 : Working women belongs to High SES.

A1B2 : Working women belongs to low SES.

A2B1 : Non-working women belongs to High SES.

A2B2 : Non-working women belongs to Low SES.

## PSYCHOLOGICAL DEVICES

**1. Life Satisfaction Scale: -** To assess the life satisfaction of women, the LSS will be used, constructed by Dr. Q.G. Alam and Dr. Ramji Srivastava. National Psychological Corporation Agra. Life satisfaction scale develops by Q.G. Alam and RamjiSrivastava has been used tofind out the adjustment problems faced by respondents in rapidly changing societies.60 items related to six areas namely health, personal, economic, marital, social andjob were put in the scale to test life satisfaction of respondents. The responses are tobe given in yes/no. Yes responses indicate the satisfaction. It takes 20 minutes tocomplete the questionnaire. Test Retest reliability was computed after a lapse of 6weeks. The obtained quotient was 0.84. The validity of the scale was 0.74 and 0.82.The scale has face as well as content validity also.Its reliability is determined by Test – Retest Method found to be 0.84 and validity is 0.74 it consists 60 items related to 6 areas of life.

**2.The Trait-State Questionnaire :** Form A and B The 8 SQ was designed specifically for measuring 8 emotional states and moods. Constructed by R.B.Cattell. Form A and form B form of 8 SQ contain 96 items, 12 of which measure each state.

**Reliability co-efficients for 8SQ scale**

| | |
|---|---|
| Anxiety | .94 |
| Stress | .96 |
| Depression | .97 |
| Regression | .96 |
| Fatigue | .95 |
| Guilt | .96 |
| Extraversion | .97 |
| Arousal | .94 |

**Validity : concept validates of the 8 SQ scales.**

| | Form A | Form B |
|---|---|---|
| Anxiety | .62 | .58 |
| Stress | .86 | .47 |
| Depression | .58 | .90 |
| Regression | .55 | .96 |
| Fatigue | .90 | .84 |
| Guilt | .48 | .40 |
| Extraversion | .92 | .67 |
| Arousal | .84 | .72 |

- **Statistical Techniques :**

Following statistics will be used

- Descriptive statistics - Mean and SD.
- F test for 2 x 2 Analysis of variance technique
- Product moment correlation coefficient.

## PROCEDURE

### Pilot Study

The Pilot study was conducted on 50 high school teachers as per sample distribution criteria from various organization which were intended to decide the appropriateness of sample, tests used, coding method and the statistical procedures that will be used for final study.

### Main Study

First of all the list of various companies and institutions situated in the city was prepared. For the selection of the sample various companies and institutions were visited one by one. The written permission was sought out from the respective individual after discussing the purpose of the present study. In order to finalize initial sample working and non working women were requested to fill the personal information schedule. On the basis of their information on personal schedule these women were randomly assigned into

four groups as per sample distribution criteria. To obtain the data, selected sample was administrated on the Emotional states the State-Trait scale by R B Cattell and Life Satisfaction Scale constructed by Dr. Q. G. Alam and Dr. RamjiSrivastava. One test at a time was administrated in order to reduce fatigue and boredom effect. To fill the tests subjects were given general instructions about each test. Data were obtained by using particular scoring pattern standardized for each test.

## STATISTICAL ANALYSIS

The data was analyzed by suitable descriptive and inferential statistical techniques as follows-

**Descriptive statistical**

The mean (with graphical representation) and standard deviation for working and non working women from socio-Economic-Status ( High & Low) on Emotional satisfaction and life satisfaction were analyzed.

**Inferential statistical**

To study the effect work state and socio-economic–status two ways ANOVA (Analysis of Variance) were used. In order to study the correlation between Emotional state and life satisfaction in relation to work state and socio-economic-status, Correlation analysis was used in the present investigation.

**Statistical Analysis**

Data was analyses by (2x2) technique by finding out Anova (analysis of Variance). Such analysis gives us the main effect of independent variable and internal effects of the levels of independent variables.

**Results and discussion**

To find out the factors of life-satisfaction, Life-satisfaction scale by Q.K.Alam and R. Srivastva was used. Personal satisfaction, health satisfaction, Economical satisfaction, Marital Satisfaction, Social Satisfaction, Job Satisfaction. These six factors are compared significant difference was worked out on the basis of results obtained through and life-satisfaction scale.

## CONCLUSIONS

**After analysis of the result, the following conclusions were drawn;**

- There is a significant difference between working and Non-working women on the dimensions of Emotional state of Anxiety. Working women (mean 20.61) were high on anxiety when compared to Non working women (14.35).
- There is a significant difference between working and Non-working women on the dimensions of Emotional state of Stress. Working women (mean16.95) were low on stress when compared to Non working women (mean 18.02).
- There is a significant difference between working and Non-working women on the dimensions of Emotional state of Depression. Working women (mean 29.23) were low on Depression when compared to Non -working women (mean 39.23).
- There is a significant difference between working and Non-working women on the dimensions of Emotional state of regression. Working women (mean 35.70) were high on regression when compared to Non - working women (mean 32.76).
- There is a significant difference between working and Non-working women on the dimensions of Emotional state of Fatigue. Working women (mean 15.78) were low on Fatigue when compared to Non working women (mean 25.00).
- There is a significant difference between working and Non-working women on the dimensions of Emotional state of guilt. Working women (mean 61.71) were low on guilt when compared to Non working women (mean 67.86).
- There is a significant difference between working and Non-working women on the dimensions of Emotional state of Extraversion. Working women (mean 47.43) were high on Extraversion when compared to Non -working women (mean 24.95).
- There is a significant difference between working and Non-working women on the dimensions of Emotional state of Arousal. Working

women (mean 42.00) were high on Arousal when compared to Non working women (mean 30.38).

- The mean of score working and non working women on life satisfaction scale, the mean score of working women is higher (40.77) than the non working women (36.383) indicating that the working women have more life satisfaction than the non working women.
- The mean of score working and non working women on marital satisfaction a dimension of life satisfaction scale.the mean score of working women is higher (7.108) than the non working women (6.508) indicating that the working women have more marital satisfaction than the non working women.
- The mean of score working and non working women on personal satisfaction a dimension of life satisfaction scale.the mean score of working women is higher (6.242) than the non working women (5.500) indicating that the working women have more personal satisfaction than the non working women.
- The mean of score working and non working women on health satisfaction a dimension of life satisfaction scale.The mean score of working women is higher (7.067) than the non working women (6.025) indicating that the working women have more health satisfaction than the non working women.
- The mean of score working and non working women on economic satisfaction a dimension of life satisfaction scale.The mean score of working women is higher (5.175) than the non working women (4.508) indicating that the working women have more economic satisfaction than the non working women.
- The mean of score working and non working women on social satisfaction a dimension of life satisfaction scale.The mean score of working women is higher (8.442) than the non working women (7.792) indicating that the working women have more social satisfaction than the non working women

- The mean of score working and non working women on job satisfaction a dimension of life satisfaction scale.The mean score of working women is higher (7.375) than the non working women (6.242) indicating that the working women have more job satisfaction than the non working women.
- There is significant difference between High and low socio-economic status on Emotional states and its dimensions.
- The scores in the dimension of emotional state of Anxiety the women in low SES are having high score (18.09) when compared to the score (15.25) of women in high SES.
- The scores in the dimension of emotional state of Stress the women in low SES are having high mean score (19.65) when compared to the mean score (15.47) of women in high SES.
- The scores in the dimension of emotional state of Depression women in low SES are having high mean score (16.10) when compared to the mean score (14.52) of women in high SES.
- The scores in the dimension of emotional state of Regression women in low SES are having high score (18.11) when compared to the mean score (14.60) of women in high SES.
- The scores in the dimension of emotional state of Fatigue women in low SES are having high score (15.15) when compared to the score (13.30) of women in high SES.
- The scores in the dimension of emotional state of guilt of women in low SES are having high score (19.09) when compared to the score (14.40) of women in high SES.
- The scores in the dimension of emotional state of Extraversion women in low SES are having low score (13.20) when compared to the score (16.50) of women in high SES
- The mean of scores in the dimension of emotional state of arousal women in low SES are having low score (13.50) when compared to the score (19.60) of women in high SES.

- Life satisfaction of women belonging to high SES is more (41.092) than the score of the women belonging to low SES (36.067).
- Marital satisfaction of women belonging to high SES is more (6.683) than the score of the women belonging to low SES (6.108).
- Personal satisfaction of women belonging to high SES is more (6.350) than the score of the women belonging to low SES (5.392).
- Social satisfaction of women belonging to high SES is more (8.567) than the score of the women belonging to low SES (7.667).
- Health satisfaction of women belonging to high SES is more (6.933) than the score of the women belonging to low SES (6.158).
- Economic satisfaction of women belonging to high SES is more (5.450) than the score of the women belonging to low SES (4.233).
- Job satisfaction of women belonging to high SES is more (7.108) than the score of the women belonging to low SES (6.508).
- The F value is significant ($F = 244.23$; df. 396, $P<0.01$) for emotional states of working women and Non working women. Thus, it can be concluded that emotional stability or adjustment in working women is better than those of non working women
- The F value is significant ($F = 32.559$; df. 232, $P<0.01$) for life satisfaction of working women and Non working women. Thus, it can be concluded that life satisfaction in working women is better than those of non working women.
- Working women who belong to high socio-economic-status and non working women who belong to high SES are highly satisfied with their life respectively as compared to working and non working women belonging to low socio-economic-status.

## LIMITATIONS AND SUGGESTIONS

**Following limitation and related suggestions of the present investigation are;**

- In the present investigation, only a limited sample was taken from various organizations/institutions. Further investigation can be done on working women of other organizations.
- The present research considered only work state and socio-economic-status as determinant factors for women's emotional state and life satisfaction thus other variable can also be taken in further research.
- Because of time limitation sample size taken is small but large sample can be taken into consideration so that generalization quality of research can be increased.
- Locality of the study was restricted to the city only. It can be spread into other areas also.

## IMPLICATIONS

- The key implication of the study is to know the impact of work state and life satisfaction of women. Hence the results of this research can be implemented in order to advance our knowledge regarding women's emotional state and life satisfaction which have social importance or practical usefulness in social context
- The present investigation also will be helpful to all social scientist as the variable treated were appears to be quite relevant to some aspect of their curricular demands in all social sciences.
- As the present study is undertaken to address emotional state and life satisfaction of working and non working women which will be helpful to drawn up further program and policy in the field of issues related to women and the related fields and also act as a secondary data for further research.

**THE THESIS WILL CONSISTS OF FOLLOWING CHAPTER**

1) **Introduction.**
2) **Review of Literature**
3) **Methodology**
4) **Data Analysis and discussion.**
5) **Summary and conclusions**
6) **References**
7) **Appendix.**

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